



It's  
MY  
health.

It's  
MY  
life.

**Healthy Living** is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic disease, **Healthy Living** is for you. By attending this FREE workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!

For more information about **Healthy Living**, or to register for a workshop please call: (801) 451 - 3515.

Workshop is conveniently located in Bountiful, Clearfield & Kaysville.  
Beginning February 5 & 6

